

GORING HEATH PARISH COUNCIL

CHAIRMAN

Peter Dragonetti Covert Cottage Hill Bottom RG8 7PT 0118 984 4711

VICE-CHAIRMAN

Martin Wise 5 Coombe End Whitchurch Hill RG8 7TD 0118 984 3071

| | | | |
|-------------------|-------------------|-------------------------|---------------|
| Nick Elsome | 6 Heath End | Goring Heath RG8 7SQ | 01491 682775 |
| Kate Giles | 10 Hocketts Close | Whitchurch Hill RG8 7PX | 0118 984 1590 |
| Richard Greenford | Cosy Cottage | Hill Bottom RG8 7PT | 0118 984 4147 |
| Nick Henry | Ladygrove Cottage | Goring Heath RG8 7RU | 07900 498717 |
| Tim King | Greenacre | Crays Pond RG8 7SH | 01491 684198 |
| Marjo McGee | Field End | Crays Pond RG8 7QG | 01491 872136 |

CLERK

Caroline Hadley 15 Bec Tithe Whitchurch Hill RG8 7NP 0118 984 1594

GORING HEATH PARISH CHARITY

Chairman: Kate Giles 10 Hocketts Close Whitchurch Hill RG8 7PX 0118 984 1590

GORING HEATH NEWSLETTER

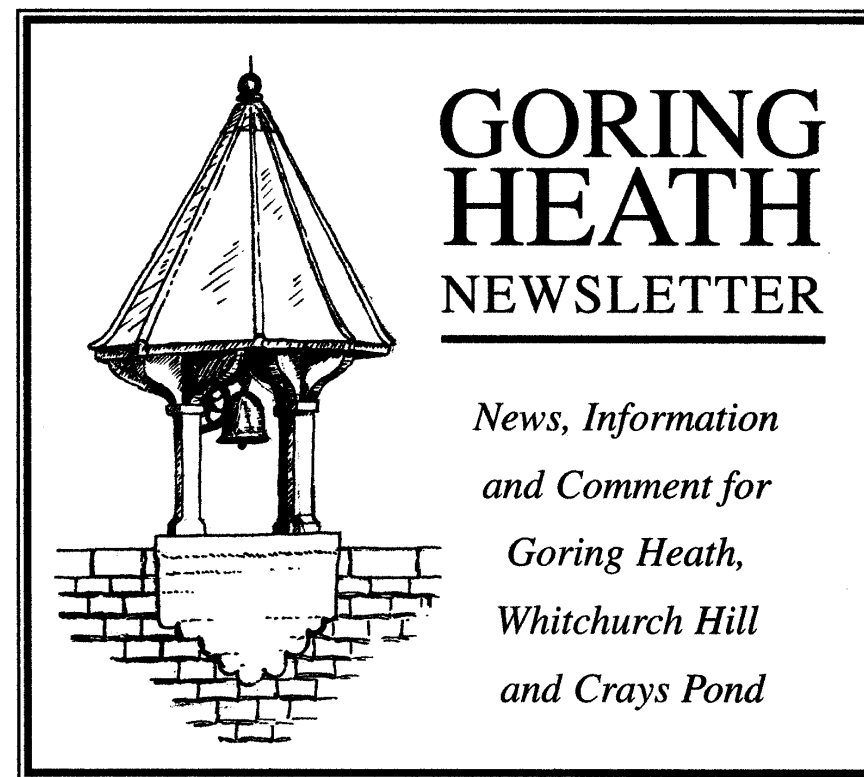
Editor: Tim King Greenacre Goring Road Crays Pond RG8 7SH 01491 684198
tim@tpking.me.uk (Please note new email address)

Advertising: Nick Henry Ladygrove Cottage Goring Heath RG8 7RU 07900 498717
nick.henry@gouldinternational.co.uk

LOCAL GROUPS

| | | |
|--|---------------------|---------------|
| Almshouses Bowls Club | Maureen Jones | 01491 681872 |
| Bridge Club (7.30pm Tuesdays) | Tony Robinson | 01491 680278 |
| Chiltern Society Path Maintenance Volunteers | Ian Rowbottom | 01628 523649 |
| Goring Heath Scouts, Brownies and Guides | Doreen Pechey | 01491 681236 |
| Goring, Woodcote & District Lions Club | John Bridgens | 0118 9842682 |
| Pilates (Monday am & pm) | Tania Neeson | 07899 681311 |
| Pilates (Friday Morning) | Michele Houston | 01491 575205 |
| RG8 Badminton Club | Chris Uden | 01491 681263 |
| South Oxfordshire Archaeology Group (S.O.A.G.) | Nancy Nichols | 0118 978 7829 |
| Tots on the Hill, Baby and Toddler Group | Judi Green | 07809 158077 |
| Whitchurch and Goring Heath History Society | Chair: Sue Matthews | 0118 984 4489 |
| Whitchurch and Goring Heath Twinning Association | David Robinson | 0118 984 4142 |
| Whitchurch Hill WI | Theresa Elsome | 0118 984 2056 |
| Woodcote Volunteers (Office Hours 9.30—11am) | Janet Crowther | 01491 681171 |
| Yoga | Sarah Dixon | 0118 984 4262 |

Goring Heath Parish Hall : Bookings and Enquiries: Theresa Elsome 0118 984 2056
email: bnt@waitrose.com



January 2013

131st Issue

Visit us at:

www.goringheath.com

Forthcoming Events**GHPH = Goring Heath Parish Hall****WL = Woodcote Library****WVH = Whitchurch Village Hall****January 2013**

| | |
|--|------|
| 10th Parish Council Meeting | GHPH |
| 15th W.I. | GHPH |
| 17th Whitchurch & Goring Heath History Society | WVH |

February 2013

| | |
|--|------|
| 14th Parish Council Meeting | GHPH |
| 19th W.I. | GHPH |
| 21st Whitchurch & Goring Heath History Society | WVH |

March 2013

| | |
|-----------------------------|------|
| 9th Quiz Night | GHPH |
| 14th Parish Council Meeting | GHPH |
| 19th W.I. AGM | GHPH |

April 2013

| | |
|-----------------------------|------|
| 6th Spring Gardening Show | GHPH |
| 11th Parish Council Meeting | GHPH |

May 2013

| | |
|----------------------------|------|
| 9th Parish Council Meeting | GHPH |
|----------------------------|------|

September 2013

| | |
|-----------------|------|
| 28th Moonrakers | GHPH |
|-----------------|------|

Publicise your event and increase attendance by giving us the dates.

IT IS FREE

We welcome event dates from all local charities and groups for listing in this feature.

Please send the details to the Editor - Tim King at tim@tpking.me.uk.

Please allow sufficient time in advance for the publication of the appropriate newsletter. Contribution deadlines and publication dates are on the inside back cover.

**COUNTY and DISTRICT COUNCIL INFORMATION****SOUTH OXFORDSHIRE DISTRICT COUNCILLOR**

| | | | |
|--|----------------------------------|---------------|---------------|
| Anne Ducker | 01491 836169 | Pearl Slatter | 0118 984 5021 |
| Council Offices: | Crowmarsh, Wallingford, OX10 8HG | | 01491 823000 |
| www.southoxon.gov.uk | | | |

OXFORDSHIRE COUNTY COUNCILLOR

| | | | |
|--|------------------|---------|---------------|
| Dave Sexon, 3 Rivacres, | Whitchurch Hill, | RG8 7QP | 0118 984 4236 |
| davesexon@yahoo.co.uk | | | |

| | | |
|--|-------------------------------|--------------|
| Council Offices: | County Hall, Oxford, OX1 1ND, | 01865 792422 |
| www.oxfordshire.gov.uk | | |

| | | |
|---------|----------------------------|---------------|
| POLICE | Wallingford Police Station | 01235 512929 |
| POLICE | PEC – Non-Emergency Calls | 101 |
| POTHLES | | 0845 310 1111 |

The Goring Heath Newsletter is published by the Parish Council six times a year and is delivered free to every household in the Parish.

To contributors to the Newsletter:-

It would be most helpful if a copy could be submitted to me as a document attachment to email and sent to tim@tpking.me.uk Ed

The views and opinions expressed in this newsletter are not necessarily those of the Parish Council.

| Deadline for contributions | Publication month |
|----------------------------|-------------------|
| 14th February 2013 | March 2013 |
| 11th April 2013 | May 2013 |
| 13th June 2013 | July 2013 |
| 8th August 2013 | September 2013 |
| 10th October 2013 | November 2013 |
| 12th December 2013 | January 2014 |

Printed by: Goring Press, Gatehampton Farm, .Goring-on-Thames
Reading Berkshire RG8 9LU Tel: 01491 872555

Who can attend? The course is open to anyone 18 years or over – members and non-members

Course Fee: £125 (this includes membership to British Rowing, but does not include club membership. This can be purchased at £60 for the year should you decide to continue rowing with GGBC)

How many participants: To ensure everyone gets the most from the course numbers are limited to just **12 participants**.

Location: The course will be run from the GGBC site, Whitchurch on Thames.

If you would like to find out more about the January **Learn2Row** course please visit the **Goring Gap Boat Club website** www.goringgapbc.org.uk

Ros Crowder

Chairman's Report

At last summer is here, and today we are enjoying a beautiful weekend for only about the second time since March. The countryside is also looking fantastic, a wonderful asset which we can all enjoy. The huge amount of money and effort that has gone in to create the Olympic Park out of urban wasteland is a reflection of how important green spaces and countryside are to society today. To create that green space in London, scrap yards, industrial units and waste processing units were cleared away, and derelict land was restored, restored to be like countryside.

The recent proposal to create a waste transfer station in the woodland off Long Toll is almost the complete reversal of the spirit of the Olympic Park, creating noise, dirt, lorry movements and industrialisation in open countryside.

With the example of what had to be done to create the Olympic Park, and how much it is appreciated, we should treasure our countryside today for its own sake, for in years to come it will be even more valued, especially as we are so close to Reading.

The Parish Council has vigorously opposed this application for a waste transfer station, as have nearby local residents. I understand that as it is a waste operation, the planning decision is to be made by Oxfordshire County Council, rather than South Oxfordshire District Council. The County Council has just published a Minerals and Waste Policy, and we have pointed out that this application fails to meet many of the detailed policies set out in that document.

There is one comment from the Countryside Officer of South Oxfordshire District Council, who noted that although the proposed site was located in ancient woodland, he had no objection. I really do not know why South Oxfordshire District Council waste our money on a Countryside Officer who it would appear has absolutely no interest in the countryside. Perhaps, like shades of George Orwell's 1984, a "Countryside" Officer's role is to destroy the countryside and not, as we might expect, to defend and protect it, and in particular, to ensure that District Council meets its statutory duty to protect and enhance the Area of Outstanding Natural Beauty.

Peter Dragonetti
Chairman

STUARTS HOME DECORATING & PROPERTY MAINTENANCE

***INTERIOR & EXTERIOR HOME DECORATION,
TILING, BRICK & PATIO STEAM CLEANING
& REPOINTING, GUTTER CLEARANCE &
REPLACEMENT***

**FULLY INSURED
REFERENCES AVAILABLE ON REQUEST**

**FOR A FREE QUOTE
TELEPHONE STUART ON WOODCOTE
01491680211 - Mob 07976431697
Email- nozey@parker1967.fsnet.co.uk**



**Curtains,
pelmet,
roman blinds,
tiebacks,
cushion covers etc
at competitive prices,
including measuring
and hanging service.**

**call Caroline on
01189 542448
or
07815 610007**

Heating, Plumbing and Bathroom Installations

Neil McDougall

- ✧ Local plumber
- ✧ Over 20 years experience
- ✧ Gas Safe Registered
- ✧ Free estimates

Phone 01491 680141

neilandkathmcdougall@tiscali.co.uk

members attended the evening to hear about the proposals and discuss the many tasks required to make the move a reality.

The GGBC AGM takes place each year at the end of November and a new committee is elected. Hugh Baker-Smith was elected unopposed to continue as Chairman and will be leading the club in the next exciting phase as we develop the plans for a new permanent home.

The annual dinner takes place in December and a return to Pierreponts restaurant in Goring is scheduled. A programme of social events for 2013 will be planned by the new committee to provide opportunities for club members to socialise off the water as well as on it.

2012 is ending for GGBC on a very watery note with the site currently under water. One advantage is that, were it possible to row, there would be a much shorter distance to carry the boats from the rack to the water! However we are hopeful that with river conditions abating we will soon be back on the river and ready for our usual pre-Christmas row.

Plans for 2013 are progressing fast with a **Learn2Row** course planned for January, details are provided below.

Do you want to learn how to row? Then join us for our next **Learn2Row** course starting in January 2013.

Learn2Row is open to all members and non-members who would like to learn how to row. If you've never been in a boat or have only tried it once or twice then this is the course for you.

The objectives of **Learn2Row** are to:

- ✧ Introduce you to the sport of rowing
- ✧ Teach you the British Rowing technique in a safe and friendly environment
- ✧ Provide individual coaching to help you develop your rowing technique
- ✧ Build your confidence on the water

Improve your fitness and have some fun. You will receive coaching from our qualified coaches and will progress from rowing in restricted fours to rowing in one of our eights.

The **Learn2Row** course consists of six modules, run over a 4 week period. Each module builds on the progress made in the previous module however the course structure is flexible and will be tailored to suit the needs and wishes of the participants.

The dates and times for the course are:

Goring Gap Boat Club - Review of 2012

2012 has been a busy and eventful year for Goring Gap Boat Club. The early spring found us setting up our new temporary site just next to the Oratory boathouse at Hardwick. Several working parties (and a few months) later we were able to be self-sufficient with our own pavilion (also known as a shed) with storage for our oars, life jackets and other equipment and even tea and coffee making facilities. All the boats are stored on racks on the site (not ideal as they are outside in all weather conditions but satisfactory for a short time) and there is hard standing for members cars.

This year we commenced Saturday sessions in addition to the usual Sunday club sessions and these have proved to be popular with club members. During the summer we now have three sessions a week; Saturday from 9am, Sunday from 10am and Thursday evenings from 6pm. Due to the dark evenings the Thursday sessions have to be dropped during the winter months but having two options for rowing at the weekend makes it easier for club members to fit in an outing on the river.

The usual highlight of the GGBC year is the Goring and Streatley Regatta and this year was due to be the 20th anniversary regatta since the commencement of the modern regattas (although only 19 regattas have been held due to the cancellation as a result of wet weather in 2007). Preparations were going very well until the weather intervened and turned the regatta site into a sodden, waterlogged area. It became obvious in the period leading up to the regatta that it was impossible to hold the regatta on the field and despite considering many other alternatives it was determined that there was no option but to cancel the event. We were fortunate that we were able to cancel far enough in advance to avoid incurring major costs but it was a major disappointment to the club, the crews and to the community.

It was obviously very disappointing for the many crews who had trained over the previous months and the club was determined to provide an opportunity for crews to race. A race day took place a couple of months later at the club's site and approximately half the crews turned up on a beautiful sunny day to put their finely honed racing skills to the test.

A new set of rowing kit has been introduced this year and club members can order online at http://www.seriousport.co.uk/goring-boat-club-c-35_27_308.html. The new kit was tested in very wet conditions by the GGBC international crew at the The Founders Head of the River race hosted by the Société Nautique de la Basse Seine in Paris. We were pleased to finish the race as the leading crew in the mixed overseas class!

An open evening was held for members during the autumn to provide an opportunity for sharing information on the plans for a new boathouse at a new site and many

Planning Decisions

The following planning applications have been considered. Where a decision is not given, it means the Parish Council has not yet received written confirmation from S.O.D.C.



| Premises and application details | Parish Council | S.O.D.C. |
|--|-------------------|------------|
| P12/S1836/HH Laundry Cottage Reading Road Goring Heath RG8 0LL Single storey side extension forming enlarged kitchen / dining room, single-storey porch extension and associated works. | No strong views | Permission |
| P12/S1799/FUL Copyhold Farm Lady Grove Goring Heath RG8 7RT Erection of a new general purpose storage building and workshop at Copyhold Farm. | No strong views | Permission |
| P12/S1772/HH Goffs Clump Goffs Hill Crays Pond RG8 7QA Erection of a two storey rear extension, single storey front extension and reconfigure roof to from gable ends. | No strong views | Permission |
| P12/S1863/RET 3 Palmers Cottages Goring Heath Road Whitchurch Hill RG8 7PP Proposed first floor rear extension and garage conversion (Retrospective) | No strong views | Permission |
| P12/S0578 Woodlands Bridle Road Whitchurch Hill RG8 7PR Erection of 2 bedroom detached house, new vehicular access and & garage (Amended Description 22 October 2012). | Should be refused | Refused |
| P12/S2577/LB & P12/S2443 Enigma estate Coldharbour Lane Goring Heath RG8 7SZ Single storey side extension. | Should be refused | Withdrawn |
| P12/S2860/HH Cherry Cottage Hill Bottom Whitchurch Hill (In the parish of Goring Heath) RG8 7PU Single and two storey front and side extensions with internal alteration to existing. (amendment to planning permission P12/S1397/HH) (As clarified by amended Design and Access Statement received 06/12/12). | Should be refused | |
| P12/ P12/S2813/FUL Former Goring Heath Poultry Farm Goring Heath READING RG8 7RU Erection of a new veterinary practice barn type building. | No strong views | |

| Premises and application details | Parish Council | S.O.D.C. |
|---|-----------------|----------|
| S2893/LB Police Rehabilitation Centre Flint House Reading Road Goring RG8 0LL Removal of existing servery hatch between dining room and kitchen and enlarge opening to create new doorway. | No strong views | |

Planning

We would also like to point out that No Strong Views is one of only three choices that SODC gives the parish council. It should not be read as illustrating tacit approval of an application. More often than not this choice is supplemented with specific comments from the parish council highlighting areas of concern.

All Square

The square boxes containing further squares and dots are called QR codes. Modern mobile phones especially smartphones can “read” the code with a suitable free “app” and display the message which usually contains a link to a web address which the user can open.

Shaun Guard

TV AERIAL SERVICES

- Poor Reception Solved** - Aerials repaired & supplied
- TVs** - Hung on your wall for you. Also supplied & tuned
- Extra TV Points** - For aerial and Sky (In HD!)
- Sky TV** - Also Foreign Language TV

Call Pangbourne 0118 9639113

OXFORD AERIALS



LIONS CLUBS INTERNATIONAL

Goring, Woodcote & District Lions Club

Serving the villages of South West Oxfordshire

One of over 44,000 Lions Clubs Worldwide, forming Lions Clubs International

Charitable Trust Number 1131754

□ info@lions-gwd.org.uk " www.lions-gwd.org.uk (0845 833 9837



PRESS RELEASE

A Champion Conker Collection

The Goring, Woodcote & District Lions Annual Charity Conker challenge held during the Apple Day Open Day at Cross Lanes Fruit Farm, Mapledurham, near Reading on Sunday 14th October raised £186.80 in donations from participants.

Fortunately it was a bright sunny day and many of those who did take part enjoyed re-telling stories of their youth and past battles with champion conkers. The competition rules ensured all players only used fresh conkers provided by the Lions rather than home pre-prepared pickled or baked specimens.

It had been a difficult year and an added challenge to harvest enough good quality conkers due to the unusual weather, but luckily some special local sources and collectors came to the rescue. This continues to help preserve a great British tradition and fun pastime of playing conkers. Often many people are not aware of where conkers actually do come from, their history and many diverse uses.

The Lions raise money and volunteer to help in the villages of South Oxfordshire and give help to people, volunteer organisations and worthy projects in the local community. Every penny of the money raised for charity goes to charity, no administration fees are taken from funds donated.

For more about Lions telephone: Chris Stevens, President on 0118 984 4551

Or Alan Wright, Secretary on 0845 833 9837

email: info@lions-gwd.org.uk Website: www.lions-gwd.org.uk

CHRISSIES CABS

Local friendly service



Any distance undertaken

Air conditioned cars



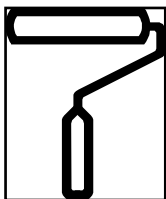
Tel: 01491 682412

Mobile: 07808 162985

For future bookings and enquiries; christinemcburnie@btinternet.com

D Mayes

Painting & Decorating



*Interior & Exterior
Domestic & Commercial*

Professional Service

Free Estimates

References Available

Tel: 01235 511619 Mob: 07979 862159



Goring Heath Parish Charity
Regd. No. 1056772

Goring Heath Parish Hall

A “first” for the Hall in 2012 was a booking by CBBC to film in the Hall and garden. It was a programme for disabled children who also “starred” in the show and the Hall was considered an ideal venue. After five hours of filming with what seemed to be a vast amount of equipment, all apparently went well as the programme was screened in October.

A month or so later, towards the end of the summer the Hall had an outside “facelift”, when all the large windows were repaired and along with the doors and small windows, repainted. I do hope people noticed how smart the Hall looked when it was finished and what a really worth-while job it was.

All the maintenance that is necessary to keep the Hall in such good decorative repair and promotes its use for such bookings as TV filming and for the more regular use by parties and club bookings, of course costs a lot of money. So this standard can be maintained the Management Committee are delighted to announce the return of the most popular of fund raising events:-

Saturday March 9th 2013

Mike Holland's Renowned Quiz Night

8pm

Teams of approximately six. Cost £10 per person, includes food
So put the date in your diary straight away and contact 0118 9842056
or bnt@waitrose.com to book a table for your team!

Later in the year The Moonrakers are coming on

Saturday September 28th 2013.

Moonrakers is an Oxford-based group of four musicians, some from the classical and some from the folk tradition. It will be a great evening of

GORING VETERINARY CENTRE

17C High Street, Goring, Oxon. 01491 873 638

Open 8.30-6.30 Mon-Fri, 10-2 Sat

Parking at rear of Surgery

Where Caring

Comes First



£5 OFF ROUTINE VACCINATION

£5 off Cat/£10 off Dog NEUTERING

PLEASE PRESENT THIS ADVERT WHEN BOOKING YOUR APPOINTMENT

ARBOCARE

Professional Tree Care

- Felling, Reductions & Pruning • Dangerous Trees Dismantled
- Stump Grinding & Root Removal • 40ft Hydraulic Platforms
- Hedge Trimming • Tree Planting • Woodchip & Mulch Supplied

CALL
FREE



0808 155 5815

OFFICE



01235 813619

24 HR
MOBILE



07778 811136

31, Bowness Avenue, Didcot, OX11 8NF

How much does eco-refurbishment cost?

The Green Deal has launched but are the costs of eco-refurbishment well understood? A number of basic factors influence the costs involved:

SCALE AND AMBITION OF WORKS

THE AGE, TYPE AND SIZE OF YOUR HOME

GRANTS, SUBSIDIES, OFFERS AND INCENTIVES

Most projects start with improved insulation and draught-proofing and move to more efficient heating and windows. Solar and heat recovery systems may also be suitable, but radical carbon reduction could require all this and more.

The final cost will be driven by how green you want to go. Reducing a typical older home's carbon emissions by 80% will not be cheap. One study by The Existing Homes Alliance puts the cost at between £12,000 and £54,000. If your budget is at the lower end, solar panels and external wall insulation are likely to be off the menu.

Insulating older solid wall properties is challenging, especially if all your walls are exposed to the elements. But, if your property was built after 1930, it will probably have cavity walls. These can be insulated at little or no cost with an energy supplier offer.

Subsidies change over time so it is worth seizing a good deal. Modest grants are available for renewable heat technologies like solar thermal, biomass and heat pumps. The long awaited Renewable Heat Incentive is due in summer 2013. Green Deal finance packages are due in the New Year.

Be sure you get the best independent advice and start with a refurbishment plan and a defined budget. For more on costs,

see www.superhomes.org.uk/refurbcost



Sash windows can be double-glazed

Photo courtesy of

www.superhomes.org.uk



*Non-chip
Nail
Colour*

BIO-SCULPTURE GEL NAILS

- Enhance your natural nails
- No damage to natural nail, applies cleanly
- Quick, easy and comfortable
- Functional and fashionable
- Durable and flexible
- Overlays & extensions available

Call Helena now for pricing
and appointments in Woodcote:
07798 702041

entertainment. Tickets £10 from the above number or email.

The Trustees are asking for at least two members of the parish to be co-opted to join the Management Committee. The Trustees meet every three months in the Parish Hall and anyone interested should contact the Chairman, Kate Giles 0118 9841590. Do come and support this very important part of our community.

BUS 142

We have had some reports of the bus service having been a bit erratic on some days recently, and as this is a supported service we have reported this to the County Council. It appears that Thames Travel ran out of buses. If you experience problems with the bus service, do let the parish Council know and we can pass this on to the County. Email address:


Goring.heath.parish.council@gmail.com

The age at which you can get free bus pass is now gradually rising. If you were born before 1 September 1951 you will get a free bus pass from 6th January 2013, but it seems that for every month older you have to wait another 2 or more. If you use the bus, not only is it saving you money (especially if you have the free pass) but the exercise involved in walking associated with travelling by bus is also good for your health. The more people that use the bus service, whether on a bus pass or not, the greater the likelihood that the service will be maintained.

Whitchurch & Goring Heath History Society

We begin the New Year with an evening on January 17th in Whitchurch Village Hall devoted to short talks by members - more details on the posters. On February 21st we meet in the same place for our Annual General Meeting, which will be addressed by Robert Harris. He will give an illustrated talk about Lord Nuffield, with whom he and his father worked. We hope to visit the newly opened home of Lord Nuffield in the summer, and this will be good preparation.

Vicky Jordan



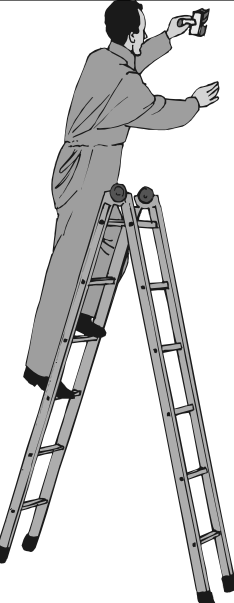
ANDY'S WASHING MACHINE REPAIR

- ◆ Don't scrap it, let me repair it!
- ◆ Most makes repaired.
- ◆ Guaranteed work.
- ◆ Early hour call before you go work.
- ◆ 26 years in the repair business.
- ◆ Ex Indesit and Sonning Common Electrical Engineer
- ◆ Evening calls by arrangement.
- ◆ Electric cooker, dishwasher and tumble drier repairs too.

Areas covered: Reading, Henley, Sonning Common, Ewelme, Benson, Wallingford, Goring, Woodcote, Pangbourne, Purley and all villages in between.

To discuss costs and your machine's problem please phone Andy on:
07773750321 daytime work hours.
01189471929 evening and for messages.

For further information, updates and price examples please visit my website
www.awmronline.com.
For a limited period - see web.



Rob Turner Handyman

Home & Garden Maintenance.

Plumbing, Painting, Tiling
Minor Electrics, Hedge Cutting, Fencing, Ponds.

Phone 01189419534 Mob. 07866943113

- You are over 60
- You struggle to find enough money for fuel bills
- You have a long-term health condition such as heart disease
- You are disabled

Follow these top five tips to stay warm and well this winter:

1) **Keep the heat in your home:** Insulating your home helps to keep the heat where you want it, and ensures your money goes as far as possible. Ensure your heating is set for the right time and temperature – 21 degrees Celsius.

2) **Get financial support:** There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills. Financial help, such as the Winter Fuel Payment, is available to people finding it hard to meet their heating costs. For more information call **0800 107 0044**.

3) **Eat well and keep moving:** Food is a vital source of energy, so try to ensure you have hot meals and drinks regularly. Keeping active will generate body heat, helping to keep you warm.

4) **Get a flu jab:** Available free from your GP to protect against seasonal flu if you are over 65, have a long-term health condition or care for someone.

5) **Look after yourself and others:** On cold days, try to avoid going outdoors; but when you need to, remember to wrap up warm. If you have older friends, neighbours or relatives, look out for them during winter to make sure they are safe and well.

Rachel McQuilliam | Communications & Engagement Manager |
NHS Buckinghamshire & Oxfordshire Cluster |
Jubilee House, 5510 John Smith Drive, Oxford Business Park South, Cowley, Oxford, OX4 2LH |
tel: 01865 334636 | **mobile:** 07917 790613 | **fax:** 01865 337094 |
email: rachel.mcquilliam@oxfordshirepct.nhs.uk

Quiz Team

A couple of years ago there was an invitation in the newsletter for anyone who was interested in joining a Goring Heath Quiz team to take part in the South Oxfordshire inter village competition. This is our third year of entering, having last year reached the semi-finals after success in the first two rounds. Competing again this year, we were unlucky to be drawn against last year's winners, Warborough, in the first round. Initially neck and neck, at the halfway point we drew well ahead. We excelled in history, and did well in music, and on the team round we demonstrated perfect knowledge of the Ten Commandments, unlike our opponents, but a round on the Olympics revealed that we had not paid enough attention to the GB winners and the sports at which they excelled, and our winning streak came to an end and our run in the competition was over. Next year!

Martin Wise

'Keep Warm, Keep Well' in Oxfordshire this winter

Taking steps to keep warm is not just for when you are heading outside. Cold homes have a significant impact on people's health and one of the best ways of keeping well during winter is to stay warm.

The Warm Homes Healthy People Partnership, an initiative involving community and voluntary sector organisations from across Oxfordshire, aims to tackle the adverse effects of cold housing during the winter months and protect people across the county to stay warm and avoid serious illnesses such as flu and pneumonia.

The chances of these problems are higher if you are vulnerable to cold-related illnesses because of one or more of the following:



THE PLANT STALL (1988 –2013) at 25 YEARS OLD!

Since 1988 we have been running the Plant Stall. It all started because of the need, in those days, to raise money towards the upkeep of St John's Rooms, as Goring Hall Parish Hall was then called.

Before and even following the sale of the Hall by the Church, the Plant Stall raised and spent thousands of pounds on maintaining the "Rooms". For example over the 10 years 1988 to 1998, from the sale of the plants, five & half thousand pounds (£5,500) was spent on the inside and out, decorating, window cleaning, buying cleaning materials, grass, hedge and tree cutting and later purchasing items for the refurbished hall. As people have continued to support the stall, we have also been able to donate sums of money to all sorts of "causes" within the village and afar.

We have continued to support the Parish Hall and have also contributed to items required by St John's Church, a mower and new gowns for the choir for example.

We have donated to Sue Ryder, and previously donated a total of £800 to the Air Ambulance.

Over the years we have had help from a lot of people supplying us with plants; we would like to thank them and every body who buys from the Stall, as without all of you we could not have made these donations. Originally there were four of us, then for many of the years, three, and now just two. During those earlier years, we also had the invaluable support of husbands, helping us to wheel the trolley in and out and keeping an "eye" on it whilst it stood in front of the church! Alas no more and we miss that help; we have had the occasional loss when plants have been stolen and recently there was an attempt to wheel the trolley away and break into the moneybox! Ah well, a sign of the times?

Just to bring things up to date, since 2001 we have donated and paid

nearly £1,600 for items and work done at St John's Church; the stall gave money towards the notice board, a Surplice (for the late Peter Steadon), hedge cutting, lots, around the Church Yard and most recently a strimmer, as well as other more recent donations to the above-mentioned charities.

So, Pat and Theresa hope to carry on selling, when the weather permits for one last year, after 25 years, we feel it would be a really opportune moment to hand over to someone younger.

We would still welcome any plants that are surplus to your requirements, at an appropriate time of the year, for as you can see, either supplying or buying, the results are really worthwhile!

Plants can be left at "Beech View", opposite the Church, or at "Cross Trees", Hill Bottom and the Plant Stall, well, that can be found outside the Church at weekends and on Bank Holidays (starting again at Easter) for one last year unless someone comes to the rescue, please.

Many thanks, from us both.

British Legion Poppy Appeal

First, I must thank the small army of dedicated collectors who walk the roads of the Goring Heath parish in all weathers for this very good cause. Thanks also to the business's, school and Flint House for allowing us to put static boxes on their premises.

This year we raised £1,116.02. This is slightly down on last year but still very good for such a small district, in such difficult times. Thank you everyone who donated. Last year, the Royal British Legion Poppy Appeal raised £40 million.



Secondly, I would like to let you know about some developments about our estate across the South and Vale. I would like to confirm that we will maintain 24/7 response teams at the 5 main stations (Abingdon, Didcot, Thame, Wantage and Henley), as well as a front counter service. Front counters also remain at Faringdon, Wallingford and Sonning Common. This may look slightly different at some locations in the future, so I wanted to try to prevent any rumours of intended closures – which are certainly not planned.

Wantage – The new police station on the Grove Technology Park is progressing well and we should have the keys in December to do the internal fit. The response teams should be able to move in, in February 2013. Contrary to some local reporting the front counter will not be at this site, but will be in the town centre. The library site is still the intended location, and the final technical issues are being addressed regarding the conversion.

Thame – we are looking to release the main site, as it is too large for our current requirements. It is proposed to retain response in a location close to the town centre on an industrial estate, and the front office will remain in the town centre. When this is confirmed by our property Services I will let you know.

Henley - Part of the police station has been sold, so the 'Auction' sign outside has caused some speculation. We are covered by two leases, which are still in place. We are reviewing the space we need, but there is no plan to change location at this time.

The last piece of news is that I have been offered a secondment at the Police Staff College at Bramshill, so I will be leaving the LPA shortly. The date is yet to be confirmed, and I will be able to announce that, and my replacement shortly. I would therefore just like to thank everyone for their support whilst I have been the LPA Commander, and it is true partnership working that helps us deliver the excellent performance we have, and make the South and Vale a safer place. My thanks go to all of the partners on the South and Vale, and I will keep you posted regarding my successor.

Kind regards

Rob Povey
LPA Commander, South and Vale

Rotary and 41 Clubs, and all are much appreciated. Please do contact the Lions as soon as possible if you would like to help with marshalling. It does take as many as 50 people on the day with assigned jobs to ensure things go smoothly and safely.

Several local businesses are making generous contributions and this year the main sponsor is again Warmingham – Estate Agents.

Every single penny raised from the public by Lions goes to charity and nothing is taken up in administration costs.

Funds raised and sponsorship at this event will go to local charities and volunteer groups.

For more about Lions telephone: Chris Stevens, President on 0118 984 4551

Or Alan Wright, Secretary on 0845 833 9837

email: info@lions-gwd.org.uk

Website: www.lions-gwd.org.uk

Whitchurch & Goring Heath twinning Association

We will be holding our Annual general Meeting, at which we will discuss plans for entertaining our guests from La Bouille, in February 2013. All are welcome - please look out for posters giving more details.

Local Police Area Update

Firstly, I am really pleased to report that our performance continues at a high level. Whilst any crime is not acceptable we are seeing it reduce further, and we are still performing very well in relation to catching criminals.

We have a set of performance indicators that we are measured on, and the South and Vale are exceeding all targets (one of only two of the 14 LPA's in Thames Valley that are currently doing so).

Burglary saw a reduction of over 30% last year which was the lowest level on record, and we have reduced that by a further 6.2% this year. We also have a 34.6% detection rate which is more than double the target and the best in the force. Violent crime has reduced by a further 16.7% with a detection rate of 49%.

The British Legion Needs You!

(an appeal for help)

Unfortunately, over the last couple of years, 2 of our door to door collectors have moved away from the parish. They had both been collectors for some time and their valued contribution is sadly missed, and has left a gap in the team. So, if any of you could spare a few hours at the end of October/early November to become a collector, I would be very grateful. Please call me on 01189 844233.

Thank You

Caroline Brookes

Poppy Appeal Honorary Organiser

Whitchurch Hill Women's Institute

Tuesday, 16th October members met at the village hall bringing along items for Mr Simon Jones from Jones and Jacob Limited of Watlington, to discuss and value. Mr Jones said it was at least 10 years ago when he last visited us and as always members produced an eclectic array of antiques and where possible told fascinating stories on how they had been passed down through the generations while Mr Jones gave the history of each item and valuation. One item in particular caught his attention, which he said needed further investigation and should be taken to the Ashmolean Museum in Oxford. He also advised members to keep a record of all the information alongside each piece for posterity, especially writing the name of the sitter on any family portraits.

Birthday flowers were presented to Mrs Doreen Godley along with a card with our good wishes in her new home. The flower of the month, a spray of white solanum was won by Mrs Heather Baker. Menus in readiness for the Christmas lunch were distributed and the meeting closed.

Thursday 18th October 8 members along with 2 husbands enjoyed an impromptu lunch at the Ferryboat Whitchurch. We would like to thank

our President Mrs Theresa Elsome for efficiently and speedily making the arrangements.

Following this our next get together was on a drear wet November morning Tuesday 20th November for our monthly meeting when members met at the village hall and were very lucky to hear a wonderful talk a given by Mr Alistair Lack entitled “Travels with Auntie; My Life with the BBC”. Even though Alistair had travelled the World in his capacity of producer/journalist with BBC World Service the journey from Caversham to Whitchurch Hill almost proved too much for him and we had all but given him up as lost when he finally made his appearance apologising profusely. Needless to say it was well worth the wait. His knowledge and the people he had met during his 30 years with the BBC World Service so interesting and wide ranging.

Birthday flowers were given to Mrs Pat Turner, Mrs Heather Baker and Mrs Joyce Brannan. The competition, a theatre programme was won by Mrs Heather Baker, second Mrs Theresa Elsome and third Mrs Toni Aldiss. Mrs Margaret Palling won the raffle. Members were reminded that next year’s AGM will be held at the Cardiff International Area on 1st of June.

Forthcoming Events

2013

JANUARY 15TH

Speaker – Mr Alan Copeland – “The Big Picture”

Competition – A Black and White Photograph

FEBRUARY 19TH

Social morning

Discussion re the Programme for the Forthcoming Year
Volunteers for Committee



Goring, Woodcote & District Lions Club – 10k Run Entry Form – 13th January 2013

| | | | | | |
|--|--|---|--|---|--|
| I declare that to the best of my knowledge, I am fit to take part in this event; I agree that the organisers, their agents and sponsors are not responsible or liable for any injury (incl. fatality), loss, accident or damage to either my person or property as a result of my participation in this event. I accept that correct attire & shoes and planned training are important for this run. Running with headphones is not recommended. If, due to bad weather or police advice, the event is cancelled, no refunds will be given, but receipts will continue to go to charitable causes. I confirm that I will return the running chip after the run or pay a £20 fee. | | Signed _____ date _____ (Signature of Parent or Guardian, if under 18 years old) | | Entry Fee Included >>> £ | |
| Forename _____ | | Tick for a personal Sponsorship Form >>> <input type="checkbox"/> | | Official Use Only Log # _____ Running Number _____ | |
| Address _____ | | Delete as applicable Male - Female | | Classification _____ | |
| Town _____ Post Code _____ | | Age on race day _____ | | Running club - if applicable _____ | |
| County _____ | | Contact Tel _____ | | e-mail/contact _____ | |



Goring, Woodcote & District Lions Club 10k Run 2013

e-mail: 10k@lions-gwd.org.uk web: www.lions-gwd.org.uk Charity No: 1131754

The profits from our 29th Charity Run will be donated to
LOCAL CHARITIES & VOLUNTEER GROUPS

Sunday 13th January 2013 – 10.30am start - Village Green

Burn off those excess Christmas pounds & start the New Year in shape. Enter our annual Charity Road Run.

By entering you not only help yourself but also our chosen charities who will receive all the profits from this run, along with any sponsorship raised. As with previous years the course is on undulating by-roads, kilometre marked, and marshalled. The SEAA Course Measurement team officially measures the course. There will be free hot drinks provided for the runners & there will be a water station on route and one at the finish. Limited changing, shower (male only) & toilet facilities will be available. The St John Ambulance will provide first aid cover. Car parking is on a first come basis. Under UK athletic rules. UKA race permit number is 2013-104688. Course measurement certificate 02/081 applies.

In accordance with SEAA age restrictions the minimum age for entry is 15 years.

All finishers will receive a medal. Trophies will be awarded to:

| | | |
|---|-----------------------------------|---------------|
| Cup for 1 st over the line (returnable) | 1 st Senior Vet (50+) | Male & Female |
| 1 st , 2 nd - 3 rd | 1 st Vintage Vet (60+) | Male & Female |
| 1 st Vet (40+) | 1 st Junior | Male & Female |

The course record remains at 30:31

Please complete the form below and return it as soon as possible.

NB: Race Numbers & Timing Chips will be distributed from the Village Hall on race morning.

Timing Chips NOT returned after the race will be charged to the runner at £20

Late registration may be possible only if space allows and BEFORE 10:00am on the day - a late entry fee of £17 will apply. Please tick the box below if a Sponsorship Form is required. More information and race rules are available on our website.

Return Entries to: 10k Run Entry, The Cottage, Beech Lane, Woodcote, RG8 0PY

Please include with your entry form the Entry Fee of £15.00 (£13 for affiliated club runners)

All entries will be acknowledged by email upon receipt please make sure that your email address is LEGIBLE!
OR by text message if email is not available.

Cheques should be made payable to:- GORING, WOODCOTE & DISTRICT LIONS CHARITY ACCT.

MARCH 19TH

Annual Meeting

Quiz

We meet on the third Tuesday of the month at 10.15 a.m. in Goring Heath Parish Hall. If you are interested in finding out more about Whitchurch Hill W.I. then do please contact us (Theresa Elsome), telephone number 0118 9842056. We are always pleased and would welcome anyone who would like to come because a particular talk is of interest to them. So do get in touch.

Wendy Blow

OWL Update

The New Year will see the beginning of the next phase in OWL's work as we shall start talks with Oxfordshire's Library Manager, Jillian Southwell, about the future running of Woodcote library. As previously reported, Langtree School has let the building on a long lease to Oxfordshire County Council to run a community library, when it took over the campus on becoming an academy earlier this year.

The Library Service has installed self-service machines to help with book administration, and is continuing to supply books and other materials for all ages. What now needs to be resolved is how to staff the library on half the present budget - which is by no means generous in the first place! There will be a chance for discussion at our AGM to be held in March, details later.

Meanwhile, our fundraising continues so that we can provide the library with things the county can't afford, so that readers return often and enjoy their visits.

Vicky Jordan



- Caring, courteous, reliable, trustworthy, professional electrician, taking pride in our work and care of your home.
- Fully qualified, apprenticeship served electrician with over 20 years experience.
- Qualified to latest Wiring Regulations and Part P accredited for Domestic Electrical Installations.
- All works undertaken, happy to fit lights, install cookers.
- Installation of new or repositioned lighting points and sockets.
- Specialist in inside and outside lighting design and installation. So if you want to get the most out of your garden and impress your friends just ask!
- Full re-wires or fuse board upgrades.
- Inspecting and Testing of existing installation, fault finding and certification of installation for HIPs and tenanted properties etc.

Call now for a free estimate

0118 984 4391

07920 776 116

info@chilternelectric.co.uk or visit www.chilternelectric.co.uk

We have many satisfied customers so if you need a reference please don't hesitate to ask!



Improvements

- **Driveway repair/installation/modernisation**
- **Patio/Pathway – repair/installation/modernisation**
- **General maintenance / Drainage / Fencing**
- **General Brickwork / Disability Access Installed**
- **Guttering cleaned No job too small or too BIG...**

23 years experience / references available / plant licences
Call Rob on 07909 006369 / Office 0118 3487000
Email: kcimprovements@hotmail.co.uk



LIONS CLUBS INTERNATIONAL

Goring, Woodcote & District Lions Club

Serving the villages of South West Oxfordshire

One of over 44,000 Lions Clubs Worldwide, forming Lions Clubs

International

Charitable Trust Number 1131754

□ info@lions-gwd.org.uk " www.lions-gwd.org.uk (0845 833 9837



PRESS RELEASE

Lions to go with chips

The 29th Annual 10k Charity Road Run organised by Goring, Woodcote & District Lions Club will start at 10.30am on Sunday 13th January 2013. Entries for this popular run are now being received and for the first time runners will be issued with timing chips to automatically record finish times and places.

The race start point is between the entrance to Langtree School and Woodcote Village Hall, Reading Road, Woodcote RG8 0RA. Following undulating by-roads, the course is kilometre marked and marshalled. It has been officially measured by the SEAA Course Measurement Team and takes place under UK Athletic Rules (UKA race permit number is 2013 -104688).

Free hot drinks will be provided for all runners and a water station en-route and at the finish. Only very limited changing and toilet facilities are available in the village hall. A team from St John Ambulance will provide first aid cover.

In accordance with SEAA regulations the minimum age for entry is 15 years.

All finishers will receive a medal. Trophies will be awarded as follows:

| | |
|---|---|
| First over the line | 1 st Senior Veteran (50+) male & female |
| 1 st - 2 nd - 3 rd male & female | 1 st Vintage Veteran (60+) male & female |
| 1 st Veteran (40+) male & female | 1 st Junior under 16yrs. male & female |

Detailed instructions and entry forms are available to download from www.lions-gwd.org.uk

Entry fee is £15 when paid in advance (£13 for affiliated Club runners). The late registration fee is £17 and will only be possible if space allows and before 10.00am on Race Day.

Gift Aid sponsorship forms are also available to download from the Lions website.

Volunteers from a number of other local organisations help the Lions maintain the enjoyment, safety and efficacy of this annual event. They include Scouts & Guides,